

### **ABSTRACT**

Expandable devices include a body defining a hollow interior for receiving an expandable element at a distal portion of a delivery instrument. The expandable devices are collapsed on the distal portion of the delivery instrument for delivery to a spinal disc space. Upon delivery of the collapsed expandable devices into the spinal disc space, the expandable element of the delivery instrument is expandable to expand the expandable device and distract the disc space. The expandable device can remain in the spinal disc space after distraction to stabilize the adjacent vertebrae.